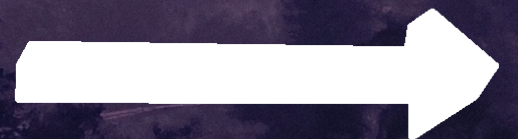


Learn About

WILDFIRE SMOKE EXPOSURE



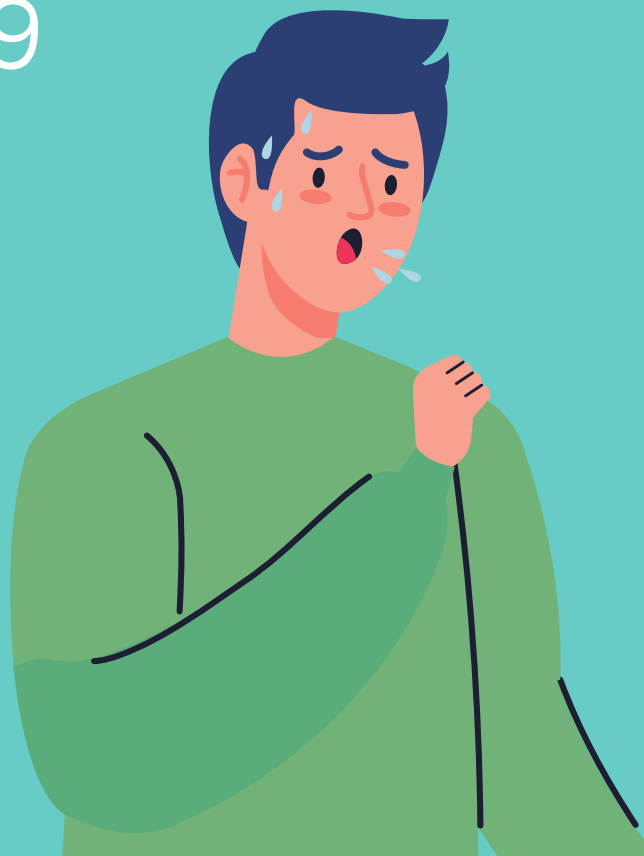
What is wildfire smoke?

- Wildfire smoke is composed of fine particulate matter (PM 2.5) and harmful gases such as carbon monoxide, nitrogen oxides
- It creates poor air quality and result in negative health outcomes



How is it harmful for our health

- Heavy smoke can irritate our respiratory system
- It increases the risk of developing infections such as pneumonia, COVID-19, ear infections
- It can exacerbate pre-existing lung conditions such as asthma, COPD, COVID-19



Who is at Risk for Smoke Exposure

→ People with lung conditions such as COVID-19, asthma, COPD, chronic bronchitis, emphysema

→ People with heart diseases, diabetes, cancer and mental illness

→ Athletes participating in strenuous outdoor sports

→ Older adults

→ Pregnant women

→ Infants/Children



What to watch For

- Eye irritation 
- Dry cough
- Runny nose
- Sore throat
- Difficulty breathing
- Shortness of breath
- Wheezy breathing
- Headaches
- Nausea/vomiting



These symptoms can be managed without
medical interventions



Recommendations to reduce smoke exposure



- Limit outdoor activities
- Stay indoors with closed doors and windows
- Use commercially available HEPA filter to improve air quality
- Use MERV 13+ air filters
- Change home air filters
- Reduce indoor pollution by avoiding frying food, smoking and burning incense



Recommendations to reduce smoke exposure continued...



- Keep windows closed and air conditioning on when travelling in a car
- Check Air Quality Health Index (AQHI) before leaving home
- Engage in indoor games and activities
- Consider using a N95 or P100 filtration mask



When Should You Start To Take Precautions

→ People vulnerable to smoke exposure should start to take precautions when AQHI index is low-moderate (1-6)

→ Healthy individuals should consider taking precautions when smoke conditions are heavy and AQHI index is anywhere between 6-10

→ When present with signs and symptoms of smoke exposure



When should you seek medical care

- Worsening shortness of breath
- Chest pain
- Severe cough which is persistent and aggravating
- Dizziness
- Hoarse voice
- Mental confusion





Now Go Enjoy Okanagan
Weather Safely with
Wildfire Exposure Safety
Tips!